



The Challenge - Week 5

You are now in the fifth week of the 10 in 10 Challenge. There are six more weeks to further establish your healthy eating and exercise habits. Remember, burning 250 additional calories each day, combined with consuming 250 fewer calories per day through better food choices, will lead to one pound of weight loss each week.

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from inshape.in.gov at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**



Weekly Nutrition Challenge #5

Include foods high in Omega 3 fatty acids, such as fish and some oils, in your diet this week.

Most of us have heard that it is good for our health to include fish in our diets several times per week. Besides being a good source of protein, most seafood is low in fat, especially saturated fat. Fish also offers potential health benefits from Omega 3 fatty acids, a type of polyunsaturated fat, that is thought to reduce our risk for heart disease. What types of fish contain the highest amounts of Omega 3's? Higher fat, cold water varieties such as salmon, mackerel, albacore tuna, sardines, swordfish, and lake trout will contain the most Omega 3's. Don't like fish? You can also get Omega 3's from some plant foods such as flax seed, soybean oil, canola oil, walnuts and other nuts, seeds, and even Omega 3 enriched eggs. Enjoy these foods for their nutritional benefits as well as the variety they will add to your eating style!

Weekly Physical Activity Challenge #5

Clean house - Each day this week, tackle a room or other major task that increases your heart rate. Dedicate 45-60 minutes each day this week to shoveling snow, rearranging furniture, and reorganizing closets to burn an extra 250 calories each day.

Try speeding through your regular chores to make the workout more vigorous. Get your family members or roommates involved in "team cleaning" and race the clock to see who can finish first. And, while you're at it, put on your favorite music and move to the beat. You'll find that a little early spring cleaning can be both fun and healthy for you!

The best way to establish long term physical activity habits is to find ways to make it a part of your day. In

previous challenges, we have discussed walking and stair climbing. This week try some activities that are particularly useful. As with all new activities, check with your physician before you undertake something out of the ordinary.

- Shovel Snow
- Rearrange furniture
- Reorganize closets
- Scrub the bathroom
- Wash windows and mirrors

You get two vital activities done at the same time. How efficient of you! A cleaner house and a healthier you.



Learn and Live™

February is American Heart Awareness Month. Heart disease alone is the leading cause of death for Indiana residents, accounting for 14,618 or 36.0% of all deaths in 2004. The American Heart Association is a national voluntary

health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. The American Heart Association is celebrating February 2007 as American Heart Month and promoting education and awareness by encouraging people to learn the warning signs of heart attack and stroke, to adopt healthy behaviors, and to learn CPR as a lifesaving technique.



Heart disease is the number one killer of women and takes thousands Indiana women's lives each year. In keeping with Indiana's commitment to supporting healthy, productive citizens, the First Lady of Indiana and the State Department of Health Office of Women's Health have teamed up to focus on the issue of women's heart disease.

Heart to Heart encourages women to have heart-to-heart conversations about heart disease in order to:

- Increase awareness that heart disease is the number one killer of women
- Empower women to reach out to and support others in living a heart healthy lifestyle
- Educate women on how to live a heart healthy lifestyle
- Provide a collection of resources for more information and support for women

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